



# Nephi Recreation Newsletter

## JANUARY 2014

### **OLD NEPHI GYM/ BIRTHDAY RENTALS NOW AVAILABLE!**

- \*Roller Skates (come see our new sizes!)
- \*Basketball/ Volleyball/Dodge ball & Snack Area!

**\$25 per hour**



### **New! Racquetball Drop In:**

Time to shake off the Racquetball Rust, Adults 16 & older, join us **Saturday January 11 & 18** for some great exercise. Meet at the Old Nephi Gym between 8:00-11:00am. **FREE!**

### **New! JAZZ FUN SHOT**



Nephi Recreation and Utah Jazz are partnering to provide a skilled shooting contest for boys & girls.

**Date:** Saturday, January 25

**FREE!**

**Location:** Old Nephi Gym

**9:00am:** 3rd-4th Grade (Boys & Girls)

**10:00am:** 5th-9th Grade (Boys & Girls)

**\*Youth that score the most points in each age group advance to an Area Competition.**

### **New! Youth 6th-8th Grade Soccer League**

Nephi Recreation is joining **Central Utah Youth Soccer League** to provide positive soccer competition for both boys & girls teams, ages 6-8th Grade. Some travel will be required. Games will be played **Saturdays** against teams from Sevier, Sanpete, Fillmore & Juab Counties.

Registration: February 3– March 3, 2014

Tryouts & Cost: Limited space will require tryouts, date & time TBD

Season game play begins in March and runs through May, 2014.



**[www.nephirecreation.com](http://www.nephirecreation.com)**

## Coed Volleyball 2014

Co-ed Volleyball league will be 6 x 6. Rosters may have up to 10 persons. Season will consist of 12 games and a Single Elimination Tournament. Teams will play 2 matches per night.

**Who:** Ages 16 & older      **Where:** Old Nephi Gym      **Registration:** January 20 - March 3, 2014

**Game Days:** Wednesdays: March 12– April 16      **Post Season:** April 23-24

### Team Fee:

\$225.00

Early-Bird Registration Fee: (before Feb 14)

\$250.00

Late Registration Fee: Feb 15-March 3



## New! Play Time @ the Gym

Parents-bring your young children to the Gym each Tuesday at 10:30am after Library Reading Time. Let them get their wiggles out & socialize. Balls will be available for the kids. **NO FEE!**

### Contact Information

Recreation Director-John Bradley

Phone: (435) 623-1004

Email: [jhbradley@nephi.utah.gov](mailto:jhbradley@nephi.utah.gov)

Old Gym Office Hours: 1:00-4:00pm

Office Address: 45 E 100 N

## **JANUARY HEALTH CHALLENGE!**

### **HEALTHY HABITS!**

Kick off the year on the right foot-start Exercising! Keep it simple.

### **Challenge:**

**Exercise 30 min x 3 days per wk**

#### Free Options:

\*Stop by the Old Gym & Walk    \*Walk around your block

\*Join our Racquetball Club    \*Go for bike ride

\*Basic exercises in your living room

#### Alternative Options:

\*Take a class at the Gym    \*Go cross country skiing/skiing

Watch for and participate in our monthly  
"Health Challenges" during 2014.



Youth Vball 5-6th Grade Champions

**VIPERS**



Youth Vball 7-9th Grade Champions

**AVALANCHE**

**Online Registration Now Available! [www.nephirecreation.com](http://www.nephirecreation.com)**